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ENERGY GUIDE

IDEAS AND RECOMMENDATIONS FROM YOUR ENERGY AND EMERGENCY SERVICES COORDINATOR

Need To Do	Have Done	
____	____	1. Cover windows with plastic
____	____	2. Seal cracks with paper, rags or caulking
____	____	3. Keep air filters clean
____	____	4. Close off unused rooms and closets
____	____	5. Close off flue when fireplace is not in use
____	____	6. Keep light fixtures and bulbs clean
____	____	7. Use bulbs with lower wattage in halls stairways
____	____	8. Insulate water pipes, those under the house or those in unheated basements with newspaper, cardboard, rags or insulation.
____	____	9. Repair leaky faucets
____	____	10. Defrost refrigerator as needed
____	____	11. Place refrigerator and/or freezer away from heat source
____	____	12. Do not block heating outlets with furniture drapes or pictures.
____	____	13. Place aluminum foil behind radiators that are near an outside door. The heat will reflect back into the room
____	____	14. Cover outside openings (holes) in in walls with tar paper and sealer

HELPFUL TIPS

1. Reduce nighttime temperatures
2. Use a setting of 120 degrees F. on hot water heater
3. When washing clothes use heated water only in the wash cycle
4. 100% wool will keep you warmer than polyester knits
5. Have on hand a flashlight and portable radio when electricity loose batteries in refrigerator.

If you have questions you may contact W. L. Britton, Jr., Energy and Emergency Services Coordinator for Appomattox County.

The Pastor Speaks

A servant girl used her master's flute to beat out a rug and the master was very angry. Why shouldn't he be? When he thought of the value of the flute and the use she had put it to, he definitely should have been angry. So you and I should be angry with ourselves when we degrade human sanctities. There is no worse cancer of the spirit than a cheap estimate of human nature and its goals. Put cheap values on yourself and your conduct will be cheap. Put cheap value on yourself and you will then rationalize cheap conduct and weaken your resistance to evil. Know this today you are made in the image of God. We need to find that intrinsic value of ourselves and rise to the heights of this glory. Abraham Lincoln once told a delegation from Missouri that called on him in the White House that he wished to conduct his administration so that even if he lost all his other friends he would still be a friend with himself. A little girl one day paid her mother a great compliment. The little girl said, "mother, you are most fortunate, you can be with you all the time." Blessed are those who have no desire to escape from themselves.

Rev. J. N. Williams
Gladstone Memorial and
Liberty Chapel Baptist
Churches

CLASSIFIED ADS GETS RESULTS

The Bible And Daily Living

By Dr. William L. Trimyer

The Bible and Daily Living
Christ and Celebration of Life
Lesson for October 28, 1979
Scripture Reference, Phil. 4
Focal Passages: Phil. 4:4-13

Be Glad In the Lord!

When Paul wrote his Philippian Letter he was not enjoying the comforts of a nice retreat center nestled away in a mountain paradise. Paul wrote from within the iron bars which held him bound as a prisoner. His words are the words of a man who could somehow continue to celebrate even as he endured the harshness of prison life. The number of persons who can see "loaves and fishes" during imprisonment are probably few in number. Prison environment is generally not conducive to such emotions as joy, peace, and celebration.

It is a struggle for most of us to maintain a mood of celebration when we have our backs to the wall. How can we possibly express a sense of joy when we feel the weight of struggles and tragedies upon us so heavily? Paul was not acting out his denial of his environment and situation when he talked about rejoicing in the Lord. And remember that Paul was coming from a background which previously persecuted Christ and those who followed him.

Charles Hadden Spurgeon has a tremendous sermon entitled, "Songs in the Night." The theme of the sermon is that Christians have something to sing about even when the world seems to be caving in around them. Most of us find it rather easy to sing in the light of the day, but the Christian has something that enables him to sing even when its dark!

Peace Verses Anxiety

Our's is an age of anxiety. People are worried and anxious over many things. To deal with this anxiety we turn to many sources for help in order to free ourselves of anxiety. Relaxor pills, sleeping pills, tension reducing pills, alcohol, and certain obsessions are used by many people to fight off worry and anxiety. When there is no peace of mind there is nothing left but for worry to fill the gaps.

Peace of mind and heart cannot be purchased at a drug counter. It is a gift that comes to us from God as a result of our reconciliation to Christ. Once we "make our peace" with him things begin to change for us. Jesus said, "Peace I leave with you, my peace I give unto you." God is at peace because he is in control. Once we receive the gift of God's peace we will begin to take charge of our life and become the captain of our vessels. Otherwise, we will always be ruled by anxiety and peacelessness.

Something To Think About

Paul tells his readers that the Lord is always "near at hand." And that is something to celebrate! Paul was a positive thinker. He instructed his readers to think on things that are good. In other words, look on the bright side as opposed to always looking on the dark side of things. We have a tendency to howl about the clouds rather than look for the silver lining in the clouds!

The mind that waddles in the mud and mire can never know any sense of peace. The person who thinks only in negative terms can never know the joy of succeeding in life. Only when we begin to concentrate on the positive side of life will we ever experience an abiding sense of joy and celebration of life, for life is indeed a gift from God that is meant to be lived in an attitude of celebration and praise.

Joy and Contentment

Paul's final word to his readers is to be content with whatever situation they may find themselves. That is easier said than done for most of us. Paul is not necessarily advocating martyrdom. He is saying that Christians can see loaves and fishes in events and circumstances that are normally missed by the unbeliever.

Besides, serious Christians discover throughout their pilgrimage that all things can be endured with the help of Christ, who strengthens us.

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HAPPINESS IS 4-H

By Frank H. Sweet
Extension Agent

4-H projects from last year are now due. Please try to have all of these turned in to the Extension Office by tomorrow (Friday, October 26).

* * *

4-H'ers who rode in the Bike-A-Thon for the American Cancer Society should turn in their pledge monies by the end of October. Pledge money may be turned in at Farmers National Bank, Fidelity Bank, Travelers Inn Motel or at the Extension Office. Check may be made out to American Cancer Society.

* * *

The American Federal Savings and Loan Association will be sponsoring 4-H Share-the-Fun for this year. Qualifying contests will begin the last week in November. Make your plans to participate in this year's Share-the-Fun program.

* * *

Steve and Richard Conner will be traveling to the National 4-H Meats Contest in Kansas City during the week of November 5-9. Steve and Richard along with two other 4-H'ers, will represent the State of Virginia in the National Meats Judging program.

* * *

A Sr. Livestock Show for 4-H and FFA members has been set for June 13-14, at the Five County Fairgrounds in Farmville. This show will include market hogs, lambs, beef heifers and beef steers. Beef steer entries must be in by January 1, 1980. Entries for other animals will be made in the spring. 4-H or FFA members interested in this show should contact the Extension Office or their Vo-Ag teacher.

* * *

4-H members across Virginia are asked to help with the Big Tree Search. The Virginia Forestry Association is searching for the biggest tree in each species. We have special forms in our office to record information about the trees.

REVIVAL TO BEGIN AT CHURCH OF GOD OF PROPHECY

The Church of God of Prophecy will begin a revival on October 28, 1979 with Rev. George Thomas of Abingdon as the Evangelist.

Services will begin each evening at 7:30 p.m. and the public is invited to attend and hear this man of Faith and Compassion as he ministers the word nightly.

For Fast Results Use The Times-Virginian Classified Page

Stormie Shelton Celebrates Birthday

Stormie Shelton celebrated her birthday recently with a party at A. J. Skateworld. She was 8 years old. Joining her for the party were Candace Withers, Andra Humphries, Chris Humphries, Theresa Soroceo, Paige Cidorowich, Brandy Shelton, "Stormie", Lisa Litchford, Kathy Cyrus and Mary Grace Henderson.

FISH CACTUS BLOOMS - Pictured above is a very unusual looking but beautiful bloom of a fish cactus submitted by Vivian Bryant of Vera.

ROCKS

It was a very beautiful week-end. Election Day will soon be here. Go out and cast your vote.

A very speedy recovery is wished Mr. Walter Shelton Sr. who had surgery at Lynchburg General Hospital on Tuesday.

Congratulations to Kevin Ranson, son of Mr. and Mrs. Jimmie Ranson, who won 1st place in the Railroad Festival Art K-2 division. He won a $25.00 saving certificate from the American Federal Savings and Loan Association office.

Congratulations to Timmy Almond who won 3rd place in the Appomattox Forestry Team in the junior division at the Middle School F.F.A. Team.

Several from Rocks attended the Association at Midway and Providence Churches on Thursday and Friday nights.

Congratulations to Harry W. Ranson who won the Birthday cake over W.T.T.X. on Wednesday.

Get well wishes go out to Doc Goin of Richmond who continues not so well.

Congratulations to Mr. and Mrs. Toby Inge who celebrated their 35th Wedding Anniversary on October 17th.

Cassie Baldwin attended the funeral of her cousin, Iva Young of near Prospect at Olive Branch Church on Friday afternoon.

Glad to say, Rev. R. T. Smith is at the Medical Center in Lynchburg. Hope he will soon be able to come home.

Everyone is asked to save the used postage stamps. These stamps are means of making money to feed the hungry in Bangladesh.

Rev. and Mrs. W. H. Elder and girls went to Childrey Baptist Church near Brookneal on Sunday for the musical program in the afternoon.

The Rocks Extension Homemakers Club will meet with Mrs. Shirley Walton at Appomattox on November 1st at 7:30.

Glad to have Mr. and Mrs. Charles Spain of Richmond and Mrs. Mary Dickerson of Bedford as visitors at Rocks on Sunday.

Sympathy is extended Mrs. Carrie Richardson and Mrs. Flora Dickerson in the death of their brother, Ernest Goin of Appomattox on Saturday night and to the Goin's family.

Would not forget the Billy Inge family who were saddened over the week-end by his death.

Farmers are busy picking corn and sowing wheat. Some have tobacco down ready to work on for the market.

Get well wishes go out to Mrs. Margaret Marshall who is not so well.

Mr. and Mrs. Lloyd Richardson and Mike, Mr. and Mrs. Joe Almond, Jane and Tim were at V. P. I. on Sunday.

Mrs. Lockie Marvin and Mrs. Mary Dickerson were dinner guests of Mr. and Mrs. Glenn Martin and James on Sunday.

Mr. and Mrs. Curtis Thackston of Alpena, Michigan called in the home of Mr. and Mrs. John Ranson and Johnny over the week-end.

Mrs. Shelton's 4th Grade 4-H Club

We had a 4-H meeting on Monday afternoon. Mr. Sweet showed a "Share the Fun" film from last year. Mr. Sweet gave each member a 4-H work book. We will have another meeting next month.

Reporter
Joey Moore

Methodist Men Plan Pancake Supper

The Methodist Men from Memorial United Methodist Church will have a Pancake Supper on October 26th starting at 5:00 p.m.

All you can eat: adults, $2.25; and children, 12 and under, $1.50.

The public is invited to come out and eat pancakes with the Methodist Men.

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SIZE	Whitewall Price	F.E.T. and old tire
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P165/75R13	$50.25	$1.65
P185/75R13	$52.95	$2.00
P195/75R14	$67.50	$2.36
P205/75R14	$73.25	$2.52
P215/75R14	$76.50	$2.62
P165/80R15*	$51.00	$2.09
P215/75R15	$78.25	$2.79
P225/75R15	$84.75	$2.95
P235/75R15	$87.50	$3.09

SIZE	Blackwall Price	Whitewall Price	F.E.T. and old tire
A78x13	$23.95	$28.00	$1.69
B78x13	$34.00	$37.00	$1.89
C78x13	$36.00	$39.00	$2.10
C78x14	$38.00	$42.00	$2.07
E78x14	$39.00	$43.00	$2.29
F78x14	$41.00	$45.00	$2.42
G78x14	$42.50	$46.50	$2.56
H78x14	$45.50	$49.50	$2.83
G78x15	$44.00	$48.00	$2.62
H78x15	$47.00	$51.00	$2.84

SIZE	Whitewall Price	F.E.T. and old tire
BR78 x 13	$64.50	$2.00
DR78 x 14	$66.50	$2.34
ER78 x 14	$69.00	$2.49
FR78 x 14	$76.50	$2.63
GR78 x 14	$80.00	$2.90
HR78 x 14	$84.00	$2.92
FR78 x 15	$79.00	$2.76
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